

HOW TO SNIFF A BOOK

AND OTHER GREAT
SUGGESTIONS





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HOW TO SNIFF A BOOK



We at the book club know that it can seem a little bit unusual to get your face between the pages of a book and breathe in, so we put together this short guide to help you on your way.

All you need to join the club is a book, your nose, and a little imagination - here's how it all works.

- 1 Take a book from your bookshelf
- 2 Let the pages fall open in your hands
- 3 Raise the book to your face, gently pressing its pages against your skin
- 4 Now close your eyes and breathe in, inhaling the scent within, letting it fill your nose and stir your mind
- 5 Now write down your thoughts; the smells it reminds you of, how it made you feel, and the memories it stirred.

BECOMING A MEMBER + RULES



Unity is power and together we sniff. Like all clubs, we're only as strong as our members and becoming a member of the Book Sniffing Club is dead simple: we have one rule - Participation = Membership. As soon as you have sniffed your first book and logged on to the book club library you are in.

Keep it clean, this is a family show.

WHAT NEXT?



After you've logged your first sniff you may wonder 'what next?', and this is where the Book Sniffing Club can really open up the gates of curiosity.

By investigating the library you can read the sniff notes left by other club members. You may have even sniffed the same book as someone else and want to compare your notes. You could find common ground, but you might disagree!

It's what makes book sniffing so much fun!

Visit booksniffers.club and peruse the library

DUO SNIFFING FOR COUPLES



Why not take time out after a busy day at the office to learn something new about each other. Duo sniffing is a new alternative to the romantic night in and one that inspires both sensory and intellectual pleasure. Sniffing for two, I'll say!

BLIND SNIFFING



Sight is often perceived as our primary navigational and sensory tool but what about approaching an object purely using our sense of smell? If you take time to investigate your bookshelf without looking at it, exploring it with your nose only, you'll be surprised at how differently you perceive the objects resting there.

Turn out the lights and reach for a book if you dare; do you think you could tell which book you were holding by scent only? Is it Peter Benchley's 'Jaws' or maybe Harper Lee's 'To Kill A Mocking Bird'? Turn on the light, see if you were right.



COOKBOOKS AND TRAVEL BOOKS

Be genre specific! Some books are like sponges, they collect the life around them over time. They can contain memories of good meals and long journeys, happy times spent with family and friends.

It's emotional time travel, and it's free!

LIVE ACTION



Lockdown sucks. We miss people around us, we miss our friends, we miss our family, we miss being connected. We can still reach out and share though, so why not consider live solo or group monologues or comedy and story improv based on your sniff research?

A Wednesday night 'sniff and story tell' club perhaps, or maybe you are already a reading or poetry group who could spend the last 10 minutes of your meeting sniffing the pages of your group book?

EDUCATIONAL SETTINGS



Book sniffing is the perfect transition activity for school groups to undertake before reading in class. Tying in the act of sniffing and contemplating their coursebook might trigger conversations and starting points for creative writing and tangential thinking.

Let's get our aroma diplomas!

CULTURAL SECTOR



The Book Sniffing Club, with its associated guides and bookmarks, is a fun and free resource. We encourage all museums, galleries, libraries, bookshops and arts organisations to use this resource and share it amongst their networks.

We would love to see organisations run with this sensory project and create their own events and groups as part of their lockdown engagement offer.

FRIENDS AND FAMILY



Book sniffing is a unique and novel way to spend an afternoon together. This activity is a great way to break the ice between generations and we can all learn something new about each other. It'll get us off our screens, and interacting with one another too (although you'll need to get back on those screens to leave your sniff notes!).

CHARITY SECTOR



Why not incorporate Book Sniffing Club activities as part of your organisation's inclusivity programme? Our activities can be adapted to suit your core mission and can be moulded to fit the needs of your own participants.

SHARING YOUR WORK



We know that it will be your input and efforts that will swell the ranks of the Book Sniffing Club. To that end, we would love to see you share your own research, experiences, events and reactions with us and document your sniffing journey through your social media channels.

You can help us spread the word by using the hashtag **#booksniffers** on your Twitter and Instagram posts and, if you're feeling brave, we'd love to see photographs of yourself sniffing books in them. Let the world know what you're doing and please share our website (www.booksniffer.club) and our social media account details with anyone you think might be interested.

Lastly, please do go to the website and submit your own sniff notes for others to read - let's make a library where we can all share bibliographic bouquets!

WORLD BOOK SNIFFING DAY



12 DECEMBER 2020

We are having the world's first Book Sniffing Day on 12 December this year. We want the world to sniff together, so please get involved!

We want you to celebrate the day your way – in happy solitude or with a loved one, zooming as part of your own sniff club or diligently adding your own sniff notes to our online library.

Why not post a book-sniffing selfie on Instagram or Twitter to mark the day or use the #booksniffers hashtag to check out who's been sniffing what? On Saturday 12th December, let's all get our heads into a good book and make the first World Book Sniffing Day one to remember.